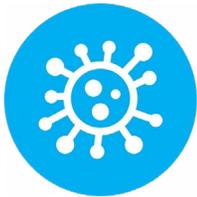




I have been in close contact with someone who has COVID. What should I do?



A person has COVID if they have ONE of the following:

- ✓ A positive PCR test
- ✓ A positive rapid antigen test (RAT)
- ✓ COVID symptoms*

*** COVID symptoms include:**

ANY ONE of the following:

- ✓ Fever > 37.7° C and/or chills
- ✓ A cough that's new or worse than usual
- ✓ Trouble breathing
- ✓ Trouble tasting or smelling

OR

ANY TWO of the following:

- ✓ Runny or stuffed-up nose
- ✓ Headache
- ✓ Extreme fatigue
- ✓ Sore throat
- ✓ Muscle aches/joint pain
- ✓ Vomiting or diarrhea

You are a close contact if you:

- ✓ Live with someone who has COVID
- ✓ Were within a 6-foot (2 metres) distance from the person who has COVID and spent a total of 15 minutes or more with them throughout the day without a mask

A person with COVID can spread the virus even 48 hours *before* and sometimes even up to 10 days *after* their symptoms show up (or they test positive).

As a close contact, do I need to self-isolate? For how long?

You need to self-isolate immediately if:

01 You have symptoms of COVID.

For more information on what to do if you have symptoms of COVID, see rebrand.ly/Feeling-Unwell.

Start counting the number of days in self-isolation from the day you first developed symptoms (day 0).

02 You live with the person who has COVID.

If you live with the person who has COVID, **isolate while they are isolating**. That should start when the person with COVID started to feel sick or got a positive COVID test result. If you have had at least 2 doses of a COVID vaccine, and you have no serious problems with your immune system, you can stop isolating when their isolation ends. If you develop symptoms while you are isolating, you need to restart counting the number of days you self-isolate.

03

You have been in close contact with someone with COVID and you have **less than 2 doses of a COVID vaccine OR a very weak immune system**.

12 years and older
and have 0 or 1
vaccine dose

OR

Very weak immune
system*

**SELF-ISOLATE FOR
10 DAYS**

11 years or younger
and have 0 or 1 vaccine dose

**SELF-ISOLATE FOR
5 DAYS**

Day 0 is the last day you saw the person with COVID. Check to see when their first day of symptoms began or when they tested positive as they can spread illness 48 hours prior and up to 10 days after that time.

* *Examples of individuals with very weak immune systems include people undergoing cancer treatments or dialysis, organ transplant recipients, those with advanced HIV, and people taking high doses of steroids or other medications that weaken the immune system.*

Self-isolation means staying at home. Consider having the person with COVID self-isolate from others they live with, especially if someone they live with has a very weak immune system OR is over 12 years old and has had less than two doses of a COVID vaccine.

When is self-isolation not needed?

You do not need to self-isolate if:

The person with COVID is not a member of your household



You do not have symptoms



You have a strong immune system



You have had two or more vaccines

However, you should still be careful:

- » **Watch yourself closely for any sign of COVID** during the 10 days since you last saw the person with COVID.
- » **Avoid people or places where COVID can easily spread and cause more serious illness** during the 10 days since you last saw the person with COVID. This includes high-risk settings like hospitals, long-term care, retirement homes, shelters or other group living situations. Steer clear of people at high-risk of COVID complications, such as anyone over 60 or anyone with a very weak immune system.
- » **Report to your workplace or school** that you have been in close contact with a COVID-positive person.
- » **Follow public health guidance on what to do when you leave home.** Make sure you wear a tight-fitting mask, keep at least 2 meters apart from others, wash your hands often and stay away from places with poor ventilation.

Note that this guidance does not apply to people who live, work, volunteer, or are admitted to a hospital, long-term care home, retirement home or other group living situation. It is also not directed to healthcare workers who look after people with very weak immune systems. Individuals in these circumstances can find more information here: <https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/public-health-updates-guidance/algorithm-you-have-been-exposed-and-work-in-highest-risk-setting-v1.0-2021-12-30.pdf>

For more detailed information on what to do if you have symptoms, please visit: <https://covid-19.ontario.ca/self-assessment/>.

For more information on self-isolation, please visit: <https://bit.ly/3q4Eyxb>.